

Serving the *most vulnerable* of Our Neighbors

**"This means so much
to me. I could never
say thank you enough."
-Theresa**

Theresa had lost everything from
a life she once knew.

*Read more on page 3 about how
Theresa found a sense of
community and the help she
needed with the Food Bank.*

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President's Report



Nicole Lamboley
President and CEO

A word of gratitude from Nicole

As we all eagerly anticipate the re-opening of our communities, I must admit I have mixed emotions. On one hand, I am excited to be able to enjoy some of the things that have been absent from our lives for the past year and for the hope that it will provide to many. On the other, I feel a bit of trepidation, wondering how we will all handle this return and will it be equitable for all. For so many of our neighbors, the pandemic year created unexpected hardships whether it be the loss of employment, a place to live, a loved one, economic stability, nourishment or a combination of any of these. My concern is that for many, the effects of the pandemic will linger.

The reality is that so many were facing food insecurity prior to the pandemic. You help us reach the most vulnerable members of our community, like Theresa, who we talked with in this issue. So many of our seniors still feel vulnerable, and many of the venues or activities on which they rely for social interaction and to supplement their nutrition needs are still shuttered.

We are also focusing on the children in our community who may face hunger even more when they are out of school. Feeding America, the nation's network of food banks reports that the children in our state are especially at risk for very low food security. This means that our kids could be missing meals on a regular basis, creating a health crisis impacting their learning capacity. We are working with our partners to create access to summer meals for these children.

While the past year has been difficult, it has also shown us what we are capable of when we work together. Great strides have been made across our 90,000 square mile service area and we intend to continue with this great work as we maximize our efficiencies and work hard to rush food to our neighbors. Thank you for continuing this great fight with us.

With gratitude,

Nicole Lamboley, President and CEO

I Can't Imagine What We'd Do Without This Help

My name is Katherine, and I live in Elko, NV with my 16 year old niece, who I am raising. We moved to the area from California a couple of years ago. I have other family that lives here, and I was looking forward to living some place more affordable than where we were.

I am disabled, and even with the move, my disability income just isn't enough to cover all of our expenses. I'm so thankful to receive

"The first time I came to Mobile Harvest, I was blown away. I took home so much amazing produce that day! My niece was excited to snack on fresh fruit while doing her homework. It was a really special treat."

some help with our groceries through SNAP, but it still isn't quite enough for the whole month.

We've been visiting the F.I.S.H. pantry here in Elko since we first moved to the area. They are so kind and really have helped us so much. A couple of months ago, they let me know that the Food Bank was bringing a program called Mobile Harvest to

Elko, and I decided to check it out. I still get teary-eyed thinking about the look on my niece's face when I brought home all of those fruits and vegetables. I visit every month now, and it's really made such a huge difference in the way we're able to eat. I'm able to focus on picking up meats and other healthy staples at the grocery store, knowing that we will get produce here. We are both really enjoying making healthier meals, and it's such a relief to know that she's getting the nutrition she needs as she's growing.

Every day, families across our region face the choice of skipping the healthy foods they know are best for them and settling, instead, for cheaper items to fill their bellies. With your support, the Food Bank and our 148 partners, like F.I.S.H. in Elko, are able to make it possible for families to enjoy nutritious meals together.

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I've Spent My Life Trying to Make a Difference in My Community - I'm So Thankful That Now There Are People Who Care About Me

My name is Theresa. I moved to Nevada to live near my son in the fall of 2019. That summer, my husband and I lost our home in Oklahoma in a tornado, and then my husband passed away unexpectedly just a few weeks later. Now, I'm living in a senior living apartment in Reno.

My only income is my social security. Once I've paid my rent and other bills, there isn't much left over for groceries - certainly not enough to be able to afford very many healthy options. My son tries to help me out financially when he can, but I don't want to be a burden on him.

I spent my life working for non-profits, mostly as a grant writer. During all of those years spent working to serve my community, I never imagined I'd be the one needing the help of organizations like the Food Bank, but I am so thankful that you all are here.

Shortly after I moved here, a neighbor told me about the Food Bank's Senior Box program (CSFP), which comes right to our apartment building each month. I signed up for the program, and I get a great box of pantry items each month, plus some beautiful fruits and vegetables. I really love the fresh produce and

was so excited when the new Produce on Wheels van started coming to our apartment as well. Now, I am able to get fresh produce three times a month from the Food Bank.

It's really exciting to see what's going to be in the bags each week. My neighbors and I love comparing notes about what we made with the items we receive. I've gotten quite a few things I'd never used before, and I am having a lot of fun discovering new recipes. I like to look all of the ingredients up in my phone to get inspired, and I've found some really delicious casseroles and other wonderful things to make with the items I receive.

"The Food Bank doesn't only help me with my nutrition. It's also helped me to find a sense of community in my new town. These programs, and the people I meet because of them, have truly brought the sparkle back to my life." -Theresa



Programs Spotlight

Combatting Senior Hunger



Hunger is a hidden epidemic in many age groups. Those who are facing the stark reality of not having the money in the budget for groceries may not want to discuss that reality. Seniors in our area are no exception. They are faced with the same impossible choices of whether to buy food or get the medicine that their doctor says they need.

Nevada is in the top 10 states for the numbers of seniors facing this reality every day. In our state, 10.7% of seniors face this, and the heartbreaking truth is that many don't want to ask for the help that may make all of the difference.

Seniors have a difficult time changing the situation that they face and when health issues arise, the whole thing can seem so daunting and overwhelming. With your help we offer seniors programs like Golden

Groceries, Produce on Wheels and the Senior Box Program (CSFP) that can help seniors access the healthy food they need. Thank you so much for helping us support our seniors.

"Coming here and seeing all these smiling faces, knowing that people care for me and want me to be healthy and okay...that just does so much good for my soul." -Carolyn, Mobile Harvest & Senior Box Client

Your Support Brings Good Nutrition to our Community

We know that access to healthy food is so important for all of the members of our community. Your support helps us to bring nutritious foods to our most vulnerable neighbors. Children need a healthy diet to grow, thrive and learn. Providing children with the food they need is important for their education, now and well into the future. Healthy food is also vital for seniors but often is out of reach. When seniors are battling health issues, access to the right foods can make all of the difference.

One of the ways that you help the Food Bank is by supporting our efforts to gather this nutritious food for families. Fresh produce is important to our mission and to those we serve. Programs that offer this fresh food to families and



seniors like Mobile Harvest and Produce on Wheels rely on your generous support. We thank you for making this healthy food a reality for thousands of our neighbors who are struggling right now. You are making such a difference in your community!

Please know that every \$1 donated helps us to provide three meals for families all over our 90,000 square mile service area who would not otherwise have a meal on the table.

Thank You

We're grateful to the following organizations for their generous hunger-fighting grants:

- **Subaru Loves to Help:** \$54,353
- **Humana:** \$10,000 for Mobile Harvest
- **Roxie and Azad Joseph Foundation:** \$20,000
- **Wilbur May Foundation:** \$20,000
- **Robert R. Banks Foundation:** \$5,000
- **Deborah and TJ Day Foundation:** \$5,000
- **Willametta K. Day Foundation:** \$5,000

Planned Giving

A Legacy of Hope

Consider the values you hold dear. Will your legacy reflect these core beliefs?

Ensure your legacy by leaving an estate gift to the Food Bank of Northern Nevada.

For more information, please contact the Development department at 775-331-3663.

Stay connected to the work you support at these sites and on our website at fbnn.org



Yes, Nicole! I want to provide nutritious foods for families in our community.

☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \$ _____

☐ Please sign me up for the Hunger Fighting Champions Monthly giving program.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MY PHONE NUMBER IS: (_____) _____

Please make your check payable to:

Food Bank of Northern Nevada
550 Italy Drive | Sparks, NV 89437

Your donation is tax-deductible to the full extent of the law. We will send you a receipt for your records.

Please charge my gift on my credit card:

☐ VISA ☐ MC ☐ AMEX ☐ DISC

CARD NUMBER _____ SECURITY # _____

SIGNATURE _____ EXPIRATION DATE _____

May we email you periodically about the Food Bank of Northern Nevada?

@ _____

To charge your gift by phone, please call (775) 331-3663.

It's easy! Give online at fbnn.org

Food Source May2021

Feeding the hungry today and solving hunger for tomorrow through community partnership.

